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**The parish magazine of Abbeydale
and Millhouses, Sheffield**

The Parish of Abbeydale and Millhouses

Loving God Valuing people Caring for His world

*We invite you to worship at Holy Trinity, Millhouses, S7 2GY and
St. John the Evangelist, Abbeydale, S17 3LE*

The main services on Sundays are: Parish Communion 10am in both churches, with music and sermon, and Holy Communion (said), in one of the churches at 8am and on Wednesdays at 10am in Holy Trinity .

N.B. For dates and times of all services see centre pages 14 & 15

Parish Priest: The Revd Canon Peter Ingram 80 Millhouses Lane 236 2838
Associate Priest: The Revd Dr Angie Lauener 236 2188
Deacon: The Revd Gerrie Sturgeon 327 7748

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Ann Smedley 2356931

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Liz Frost 235 1828 - Holy Trinity

Juanita Haigh 266 7500 - St. John's

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Vergers

Eric Lacey 235 0331 - Holy Trinity

Ken Jay 236 8612 - St. John's

Church Flowers

Pat Gregory 281 9860 - Holy Trinity

Margaret Minns 274 7372 - St. John's

For upcoming events and venues, times and contact details of regular church activities see pages 26 & 27 (inside back cover).

These include:

Carers & Toddlers, Bible Study, Choir Practices, Uniformed organisations, Prayer Group, Handbells, Indoor Bowls, Coffee Mornings, Trefoil Guild, and Snooker!

These are open to ANYONE — NOT just church members!

For baptisms, weddings and funerals please contact the Parish Priest

Bookings: Churches, Church Halls and Parish Centre

For your concerts, community activities and family celebrations

Contact: Bev Ramsey 249 0377 htmillhousesoffice@yahoo.co.uk

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From the clergy.....

A hobby I used to enjoy – when I had more time! – was patchwork. My most ambitious project was patchwork curtains for our bedroom. I enjoyed the creativity of working with different colours and designs of fabric and producing something new and useful, where ‘the whole was greater than the sum of the parts.’ I especially gained satisfaction from blending in pieces that looked quite different from the rest, yet not out of place in the whole. It occurred to me that this would be an ideal for communities – that all belong, all have a place, however different and diverse they may be.



We know that difference can cause conflict or division; or we can celebrate and enjoy the richness of diversity, learning from and appreciating different views and perspectives. Perhaps this is why Jesus was rejected by some during his time on earth, leading eventually to his crucifixion. What could be more different than the Son of God coming to be alongside us as a human, seeking to reconcile us to God? Yet not all could cope with the lifestyle that he modelled of loving others, loving God and being loved by God. Some rejected him or discredited him, making false accusations. Some could not believe that this humble carpenter’s son could be the promised Messiah. Others heard his message and believed in who he was.

They were glad to hear his news of forgiveness for all that separated them from the God who created humanity, who longs to heal the brokenness in the world and who longs for us to reconnect with him.

During Lent this year, we are doing a course called Difference. In our weekly meetings, we are exploring the theme of reconciliation in a world where difference often causes conflict and division. . . .

In the first four sessions, we are exploring reconciliation from a personal point of view – ‘Understanding God’s Call to be reconciled with Him’; ‘Crossing Divides’; ‘Disagreeing Well’ and ‘Practicing Forgiveness’. In the final session, ‘Courage as a Community’, we will be looking at the benefits of practicing reconciliation as part of a community, where we can receive mutual support and inspiration by being together to work at this challenging task; where we can be reminded of God’s help through his Holy Spirit, given to us after Jesus’ Resurrection and Ascension. We are hoping that we will discover how we can work together for reconciliation, as well as individually in our daily lives and in relationships with others.

Some of the articles in this edition of TRIO address various forms of courage in communities – the inspiring ‘White Helmets’, Jo Cox’s legacy that encourages community-building events which are based on her belief that ‘we have more in common than that which divides us’; and the work of the charity ‘Abraham’s Children in Crisis’ (ACIC), which we are supporting in our Lent appeal.

During our Holy Week and Easter services, we will again journey with Jesus in his life, death and resurrection. We will be reminded of his self-giving actions in seeking to bring reconciliation of humanity with God. We will also be reminded of his call at the Last Supper to love one another. We will re-live the pain of his suffering, the loss felt by the disciples following his crucifixion, the joy at his resurrection. At Pentecost, we will be reminded of the ongoing promise of the Holy Spirit to be with us then and now, strengthening and guiding all of God’s children.

We warmly invite you to any of our services, listed in the Calendar at the centre of this Magazine. We wish you all a blessed, peaceful and Happy Easter.

Angie



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The Courage of the Early Christians

Christianity is the largest religion in the world with an estimated 2.3 billion followers.

From our 2020 standpoint, we can consider its spread as an amazingly successful mission. Perhaps we take it for granted; after all, it has always been there for us. Yes, we know there were difficulties, hardships and dangers along the way for those who founded our Church and continued to nurture it down the centuries, but it all worked out all right in the end, didn't it? Well, cast your mind back to that first Easter about two thousand years ago...

What does 'courage' mean to you? There are various dictionary definitions, commonly referring to the ability to deal with danger, fear, pain, etc., or the confidence to act in accordance with one's beliefs.

Judas betrayed Jesus, and soldiers led Jesus away to the high priest's house. Peter followed, at a distance, joining them as they kindled a fire and sat in the courtyard. A servant girl claimed that he had been with Jesus – but Peter denied it. Twice more, other people identified him as having been with Jesus, but Peter insisted not. Then a cock crowed, and Jesus turned and looked at Peter, who remembered Jesus' prediction that he would deny Jesus three times before the cock crowed. And Peter went out and wept bitterly.

Peter must have been afraid for his own safety. Jesus had been sentenced to death, and to be associated with Him was risky. Peter immediately regretted it, after all he had been the first disciple called by Jesus, the rock on which He would build His Church.

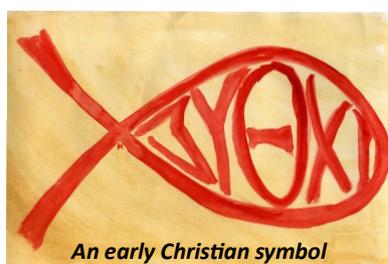
Jesus was crucified on Good Friday and His disciples must have feared for their lives. Jesus had previously warned them what would happen: "The Son of Man is to be delivered into the hands of men and they will kill him, and he will be raised on the third day", (*Matthew 17:22*), but they had not really understood. Now they had seen Him die on a cross. They must have felt abandoned and afraid. What would happen next? Would the authorities arrest them too? What should they do? However, they remained in Jerusalem and witnessed the resurrection. Jesus subsequently appeared to the disciples and told them to preach the gospel to the whole world. They were not alone and would never be alone in their mission.

The disciples of Jesus took this message out as Apostles (messengers), starting with the Jewish synagogue communities in the Eastern Roman Empire.

Many Gentiles, (non-Jews), were also eager to join this new society who mostly met in secret because of widespread persecution. Stephen was one of the first to become a Christian and so strong was his faith that, on being captured, he stuck to his convictions and was stoned to death. He is recognised as the first Christian martyr.

Another key figure in this mission was Paul, also known by his original Hebrew name Saul of Tarsus. He was a Jew born in Tarsus, (modern-day Turkey), a Pharisee who had studied under a top Jewish teacher in Jerusalem. He was not one of the original disciples and had actively persecuted the followers of Jesus. However, he experienced a conversion on the road to Damascus and a call to mission. He travelled extensively around the Mediterranean area, spreading the word of Jesus, preaching the gospel of the Christ crucified for the sins of all people, Gentiles included. He was eventually martyred in Rome and, as a Roman citizen, was beheaded instead of being crucified.

Peter, too, was martyred in Rome and it is said that he asked to be crucified upside down as he was unworthy to die like his Lord. He had proved to be a faithful and steadfast rock. In fact, many of the Apostles met their deaths as martyrs and must have had great courage to proceed with their mission to spread the teaching of Jesus, in the face of this danger. They faced physical danger and lived out their lives in the courage of their own belief and faith in Jesus.



Early Christians were persecuted for their faith by both Jewish and Roman leaders. The Roman Empire would have viewed this increasingly popular and well-organised movement as a potential threat. For example, Emperor Nero blamed Christians for a fire in Rome, (64 AD), and many were tortured and killed. Emperor Domitian declared that Christianity was illegal and Christians were executed.

Then in 313 AD Emperor Constantine, a convert, made Christianity a legal religion of the Roman Empire and there was a shift towards acceptance and religious tolerance.

This, of course, was not the end of the story. The Christian Church continued – and continues – to evolve and grow. Without the courage of these early Christians, and those who came after, this would not have been possible.

Claire Justice

Alban the first martyr of Britain

A pagan, converted by the priest he sheltered, whose courage led to Alban's execution and to the building of one of England's greatest cathedrals

Alban was a soldier and leading citizen in the large Roman town of Verulamium, (modern day St. Albans), in Hertfordshire, during a period of persecution.

Alban gave hiding and shelter to a priest fleeing persecution and was so impressed by the priest's faith he was converted and baptized.

When the emperor's men came searching for the priest Alban exchanged his clothes with him; the priest escaped but Alban was arrested in his place and commanded to sacrifice to pagan gods. This was the acid test for Christian believers; Alban refused and was tortured and condemned to death around 300 AD.

He was buried near the city and his shrine became renowned for the miracles of healing performed. A commemorative church was built over the shrine on the hill and later King Offa founded the Benedictine Abbey of St Alban's on the site.

Alban's cult flourished along with the fortunes of the Abbey, soon to become one of Britain's wealthiest.



St Alban's Cathedral

St. Albans Cathedral is the number-one tourist destination in St. Albans and attracts 200,000 visitors per year from the UK and abroad. It hosts hundreds of events and services throughout the year.

The Cathedral architecture is a blend of many different periods, with Anglo-Saxon features dating back to King Offa's church founded on the site in 793 AD..

In June 2019 the Cathedral opened a new 'Welcome Centre' for children and adults and new exhibition areas. The visitor experience at the Cathedral has been transformed bringing the story of Britain's first saint, Alban, to life through new displays, trails, stunning audiovisuals and artifacts.

Alban's courage has led to the flourishing Christian witness and a living church that is loved and well used by local residents and by the residents of the wider Diocese in Hertfordshire and parts of north London.

Kenneth Pillar, a suffragan bishop of St Albans between 1982 and 1989, became a member of Holy Trinity's congregation between 1989 and his death in 2011.

I have a particular affinity with St Albans as I was born in the Bishop's Diocesan House in 1941 during the Second World War when the Ministry of Health requisitioned buildings in order to relocate maternity hospitals from the threat of bombing. I was baptized in the Parish Church and named my eldest son after the saint.

David Crosby



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Living with Dementia

Revd Gerrie Sturgeon

Living with any illness in the family takes courage. Courage of the person with the illness to cope with the pain, limiting disabilities, side effects of treatment and courage of the carers to be able to offer the best support they can. However, it is the lived experience of many people who live with dementia that this condition is much harder and takes far more courage than other illnesses.

Dementia is different to most other conditions. Like others it is progressive in nature, it is incurable, but there are other things about dementia that can make it worse particularly as the condition becomes more debilitating.

Many of us are likely to know someone who lives with dementia. Statistically that must be the case given that 1 in 14 people aged over 65 has had a diagnosis of Alzheimer's disease. But even that does not reflect the true position as there are over 100 other diseases that cause dementia and, due to the gradual nature of dementia, the mild early-stage symptoms and the low diagnosis rate, it is difficult to know the exact number of people living with the condition. The Alzheimer's Society estimate that 1 in 3 people born in the UK this year will develop dementia in their lifetime.

So why is this condition so challenging? I would suggest it is because it's progression is unpredictable, it eventually affects the whole person and as things stand today there is no cure and little help with controlling the symptoms. You face a diagnosis of dementia knowing that things will get worse. Dementia is not a natural part of ageing and can affect young people as well as those in later life, although thankfully relatively few young people develop the condition.

A useful way of thinking about dementia is to think of the brain as being like a Christmas tree that is covered in fairy lights. The illnesses which cause dementia make the lights dim, flicker and then go out. Once a light has fully gone out there is nothing that can be done to turn it back on again.

So everything that is controlled by the brain can be affected – memory, language, perceptions, spatial awareness, sight, inhibitions, the ability to do things in the right sequence and even the ability to move and to swallow.

As the lights dim and flicker personalities can change and people can become irritable, withdrawn and may even become aggressive. No wonder it takes courage if this is what is happening to the family member you are trying to care for. Likewise if you fear that you are developing dementia you need real courage to admit it to yourself and your family and to go to the doctors for a diagnosis.

This may seem very bleak, but for many people it is possible to live well with dementia for years. It is challenging not to be frustrated when you, as a carer, hear the same story time and time again or have to repeat the same fact time and again. You have to continually remind yourself that this is the disease that you are facing, that you cannot prompt the memory of someone living with dementia, (facts disappear in less than a minute once the condition has progressed), and you have to join in with their reality, whatever that might be.

How, you might ask, can someone have courage in the face of such a condition? Surround yourself with friends and relatives who understand the nature of dementia and who will be a faithful support and then life will be easier. Get help! It is exhausting and, however courageous you are, your stamina and patience cannot be endless. Charities such as the Alzheimer's Society offer real help, both in terms of moral support and practical help. Importantly though, remember, if you have a bad day you are not a bad person – everyone who lives with dementia will have experienced the same feelings and frustrations. Being courageous does not mean you have to be superhuman!

Some websites which offer more information are detailed below:

<https://www.alzheimers.org.uk/>

<https://www.dementiafriends.org.uk/>

<https://www.nice.org.uk/guidance/ng97/informationforpublic>

<https://www.nhs.uk/conditions/dementia/carers/>

<https://www.ageuk.org.uk/information-advice/health-wellbeing/conditions-illnesses/dementia/getting-care-and-support/>



David Nott War Doctor: Surgery on the Front Line

For more than 25 years, David Nott has taken unpaid leave from his job as a General and Vascular Surgeon with the NHS to volunteer in some of the world's most dangerous war zones.

It was in late 1993 that he travelled from his home in London to a hospital in war-torn Sarajevo on his first humanitarian mission. Two weeks into the trip, a teenage boy was brought in with a metal fragment in his abdomen, sustained from one of the mortars that had been raining down on the city for days. He was anaesthetised and taken to an operating theatre where Nott set about opening his abdomen to inspect the damage. After making the incision, he heard an enormous crash and the lights went out. The hospital had taken a direct hit, leaving him in the dark trying to stem the bleeding by squeezing the boy's aorta while pressing down on a swab. When the lights eventually flickered back on, Nott realised he was all alone. The rest of the team – an anaesthetist, a scrub nurse and an assistant – had fled the room and taken cover in the basement. The boy, meanwhile, had died.

In his account of 25 years dispensing life-saving treatment in some of the most dangerous places in the world, he describes his fury at having been abandoned, though later he comes to understand his colleagues' actions. "This experience taught me two things," he explains. "First, I'd have to toughen up; second, I also had to take care of myself. Not just because there was no one else there who was going to do that for me, but because I wouldn't be helping anyone if I was dead."

Where most people strive to avoid trouble, he actively goes in search of it. "It is a kind of addiction," he says in the book's prologue, "a pull I find hard to resist." His stories of courage and compassion in the face of seemingly certain death are breathtaking. There's the time, for instance, that Syrian jihadis stormed the makeshift hospital in which he was working after spotting him on the roof with a camera. Assuming he was photographing their movements, they were poised to drag him away but were persuaded not to on realising that the camera contained pictures of sunsets.

Or there's the moment he and his head nurse were driven to meet Mullah Omar, the feared Taliban leader, to secure permission to operate on a young Afghan woman who was haemorrhaging after childbirth. "His manner was serene, almost statesman-like," Nott recalls. I think just to get rid of us, he agreed to our request.

We follow his subsequent travels to conflict and disaster zones in Afghanistan, Libya, Sierra Leone, Liberia, Iraq, Haiti, Syria and Gaza. We find him operating in buildings shattered by shelling and gunfire, in mobile hospitals, on one occasion outdoors on a concrete slab in full view of passers-by. Equipment is invariably rudimentary, the staff often (though not always) untrained, and blood and medicine in short supply. Day in, day out – and often at risk of imprisonment or execution from terrorists who regard westerners as political capital – Nott deals with the human cost of modern warfare, with its mortars, barrel bombs and sniper fire. Among the more depressing trends in today's conflicts is the direct targeting of hospitals and their staff – "To bomb and destroy hospitals is not just sinful," he says, "it is evil."

Yet amid the chaos and trauma, he is still able to admire a beautiful sky, an elegant piece of architecture or the sounds of the early Morning Prayer emanating from a nearby mosque. From these stolen moments we get rare snapshots of Nott's interior life. While this is far from a straightforward memoir – his childhood plus his years of medical training speed by in a single chapter – we nonetheless get a vivid sense of his energy, his determination and his desperate, howling rage at the cruelty that humans wreak on one another. There are glimpses, too, of the personal cost of Nott's humanitarian work. Back in the UK after six weeks in Aleppo, he mournfully notes that in London "I might save one person's life a month, whereas in Syria it had been ten a day."

War Doctor is his extraordinary story. *Concludes p11*

From previous page.....

Nott's private life at the time was virtually non-existent; after each trip he returned to an empty, sparsely furnished flat. With both his parents dead, and no girlfriend, he notes: "There was no one I particularly wanted to be with." But this changes when he meets Elly, an analyst at the Institute of Strategic Studies, whom he later marries. They have two children, and Nott gradually scales back his overseas odysseys. His current contentment makes for a heart-warming coda to the decades spent amid biblical suffering and horror.

David Nott is now widely acknowledged as the most experienced trauma surgeon in the world. As time went on he began to realise that doctors on the ground need to learn how to treat the appalling injuries that war inflicts upon its victims. Since 2015, the foundation that he set up with his wife Elly, has disseminated the knowledge he has gained, training other doctors in the art of saving lives threatened by bombs and bullets.

Peter Ingram

MOTHERS' UNION NEWS

from Margaret Minns

Congratulations go to Mrs Sheila Wenninger of St. Johns Abbeydale Branch who celebrated her 90th birthday in November 2019 alongside 50 years of committed membership of the Mothers' Union.



Sheila was presented with flowers and her long service certificate to mark both occasions.

Our prayers and every blessing to you Sheila.



Abraham's Children in Crisis (ACIC) our Lent appeal charity for 2020

Abraham's Children in Crisis is a small charity working in the Holy Land, seeking to care for the education, health and welfare of children who find themselves in a crisis and to help them to achieve their full potential. The charity is dedicated to helping children solely on the basis of need and not on the background or faith of the child - those who are in critical need because of:-

Extreme financial hardship

Physical or mental illness or disability

Abandonment

The death of one or both parents

Family breakdown

All members of ACIC are volunteers which ensures that every donation, however small, will be used solely for the benefit of children in crisis.

ACIC will spend much time thoroughly investigating each case by listening to children and their families and working with medical, educational and welfare professionals to ensure that they can offer the most practical and appropriate help to those children who are in the greatest need.

This is achieved by having advisers who are all qualified and experienced in the care of children in the area in which they seek to give help.

The charity is also dedicated to being apolitical and non-judgemental, and works hard to ensure that all donations are wisely used to benefit the children who are really in the greatest need.

If you would like to make a donation please place it in a yellow gift aid envelope and leave it in either of our churches, or donations can be left at the vicarage, 80 Millhouses Lane. S7 2HB, cheques payable to Abbeydale and Millhouses PCC.

Every donation really does make a difference.



the volunteer fire service

David Crosby

The 2019-20 Australian bushfire season is of notable intensity compared to previous seasons and has burnt an estimated 16.8 million hectares. So far there have been 28 fatalities, and more than 2,204 homes lost. An estimated one billion animals killed and some endangered species may have been driven to extinction.

The bushfires that have largely affected the States of New South Wales and Victoria are regarded by the New South Wales Rural Fire Service as the worst bushfire season in living memory.



Much of the heroic firefighting is being undertaken by volunteers from the local communities supported by aircraft dropping water.

Many of the fatalities have been suffered by the voluntary firefighters who have fought the blazes in an amazing display of heroic courage.

Fire and Recue New South Wales is one of the world's largest urban fire and rescue services and is the busiest in Australia. The FRNSW currently has more than 6700 firefighters and approximately 4800 Community Fire Unit Members plus administrative and other support staff.

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Worship at Holy Trinity and St. John's

March

Sun	8th	Lent 2
	8.00	Holy Communion
	10.00	Parish Communion
	18.30	Reflective Worship
Wed	11th	
	10.00	Holy Communion
Sun	15th	Lent 3
	8.00	Holy Communion
	10.00	Parish Communion
	16.00	Café Church
Wed	18th	
	10.00	Holy Communion
Sun	22nd	Lent 4 Mothering Sunday
	8.00	Holy Communion
	10.00	All-age Worship, Parade & Communion
Wed	25th	
	10.00	Holy Communion
Sun	29th	Lent 5
		<i>No early service—5th Sunday</i>
	10.00	Joint Parish Communion

April

Wed	1st	
	10.00	Holy Communion
Sun	5th	Palm Sunday start of Holy Week
	8.00	Holy Communion
	10.00	Blessing of Palms & Procession
		All-age Worship & Communion
Mon	6th	
	19.00	Chrism Eucharist — Cathedral
Tues	7th	
	19.30	Holy Communion with healing
Wed	8th	
	10.00	Holy Communion
	19.30	Reflective Worship
Thurs	9th	Maundy Thursday
	19.30	Re-enactment of the Last Supper Candlelit procession, stripping of the altar and vigil
Fri	10th	Good Friday
	10.00	Morning Prayer
	10.30	Children's Workshop
	10.30	Walk of Witness
	12 noon	Frugal lunch
	13.00	Meditation
	14.00	Stations of the Cross
	18.30	<i>Music & readings—St. John's</i>
Sat	11th	Easter Eve
	19.30	Easter Vigil Service of Waiting

March

Sun	8th	Lent 2
	10.00	Parish Communion
Sun	15th	Lent 3
	8.00	Holy Communion
	10.00	Parish Communion
Thurs	19th	
	12 noon	Litany of Reconciliation
Sun	22nd	Lent 4 Mothering Sunday
	10.00	All-age Worship & Communion
Sun	29th	Lent 5
		<i>No early service—5th Sunday</i>
	10.00	Joint Service at Holy Trinity

April

Wed	1st	
	10.15	Holy Communion
Sun	5th	Palm Sunday start of Holy Week
	8.00	Holy Communion
	10.00	Blessing of Palms & Procession with Parish Communion
Mon	6th	
	19.00	Chrism Eucharist — Cathedral
Thurs	9th	Maundy Thursday
		<i>Joint Re-enactment of the Last Supper - at Holy Trinity</i>
Fri	10th	Good Friday
	10.00	Good Friday Liturgy
	14.00	Meditation
	18.30	Music and readings for Passiontide

Worship at Holy Trinity and St. John's

April

Sun 12th
7.30

Holy Trinity

EASTER DAY

Service of light and first
Eucharist of Easter

10.00

**All-age Easter Festival
Eucharist**

11.30

Easter egg hunt

Wed 15th
10.00

Holy Communion

Sun 19th

Easter 2

10.00

Parish Communion

16.00

Cafe Church

Wed 22nd

Sun 26th
8.00

Easter 3

Holy Communion

Joint Parish Communion at St. J's

Wed 29th
10.00

Holy Communion

May

Sun 3rd

Easter 4

10.00

All-age Worship & Communion

Wed 6th
10.00

Holy Communion

Sun 10th
8.00
10.00

Easter 5

Holy Communion
Parish Communion

Wed 13th
10.00

Holy Communion

Sun 17th

Easter 6

10.00

Parish Communion

Wed 20th
10.00

Holy Communion

Sun 24th
8.00
10.00

Easter 7

Holy Communion
Joint Parish Communion

Wed 27th
10.00

Holy Communion

Sun 31st

Pentecost - Whit Sunday

10.00

No service 5th Sunday
Parish Communion

June

Wed 3rd
10.00

Holy Communion

Sun 7th
10.00

Trinity Sunday
Joint Patronal Festival Celebration
with Millhouses Methodists Church

Wed 10th

Holy Communion

April

Sun 12th

St. John's

EASTER DAY

10.00

**All-age Easter Festival
Eucharist with Easter egg hunt**

Fri 17th
12 noon

Litany of Reconciliation

Sun 19th
8.00
10.00

Easter 2

Holy Communion
Parish Communion

Sun 26th

Easter 3

10.00

Joint Parish Communion

May

Sun 3rd

St. John's

Easter 4

8.00
10.00

Holy Communion
Parish Communion

Wed 6th
10.15

Holy Communion

Sun 10th

Easter 5

10.00
18.30

All-age Worship & Communion

Sun 17th
8.00
10.00

Easter 6

Holy Communion
Parish Communion

Thurs 21st
12 noon
19.30

Litany of Reconciliation
Holy Communion - **Ascension Day**

Sun 24th
10.00

Easter 7

Parish Communion

Sun 31st

Pentecost Whit Sunday

10.00

No service 5th Sunday
Parish Communion

June

Wed 3rd
10.15

Holy Communion

Sun 7th

Trinity Sunday

At H.T. Joint Parish Communion

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COURAGE according to.....



**Nelson
Mandela**

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COURAGE IN A WHITE HELMET

Inspiration for Jo Cox

On the fourth anniversary of the death of Jo Cox, we remember how she was inspired by a group of courageous volunteers. We can see from their story how they responded from the heart to human need.

Courage in the true sense of the word.

The profile of a heroic and inspiring group of Syrian volunteers was raised in 2017. 'The White Helmets', a film produced by Joanna Natasegara and directed by Orlando von Einsiedel in 2016, won an Oscar for Best Short documentary. Jo Cox MP, who was killed on 16 June 2016, was inspired by the White Helmets "because they personified some of the best about humankind in some of the worst circumstances." It is fitting that in November 2016, Jo Cox and the White Helmets were honoured with a joint peace prize at the Rising Global Peace Forum, launched by Desmond Tutu in Coventry. As reported in the UK press, for Jo, the White Helmets were a symbol of how, even in the depth of inhumanity, humanity can still respond and individuals can still find that compassion, that commitment and that service in their hearts. Jo's legacy lives on in the annual Great Get Together events in June. These community-building events seek to promote her belief that we have more in common than that which divides us. [See p. 26 for details of our Millhouses event]

Who are the White Helmets? The White Helmets, officially known as the Syria Civil Defence, is a humanitarian organisation made up of 3,400 volunteers – former teachers, engineers, tailors and firefighters. They have been credited with saving thousands of civilians during the country's continuing civil war.

When did they start? They were formed in 2014 during the Syrian Civil War and were known as Syria Civil Defence. They take their nickname from the colour of their protective hard hats.

What did they do? The White Helmets play two roles within Syria. The first is their rescue work: providing an ambulance service, fire service and search and rescue in conflict areas where infrastructure has been decimated.

"Any human being, no matter who they are or which side they're on, if they need our help...it's our duty to save them," explains Abu Omar, a former blacksmith and current member of the group, in the Oscar-winning 2016 Netflix documentary "The White Helmets."

In addition to lifesaving, White Helmets deliver public services such as securing damaged buildings, reconnecting electrical cables and offering safety information to children.

Their second role is the documentation of what is taking place within the country via handheld and helmet cameras.

What are current challenges? One big challenge is the promotion of misinformation online by political opponents who seek to discredit the White Helmets.

If you would like more information, visit the website

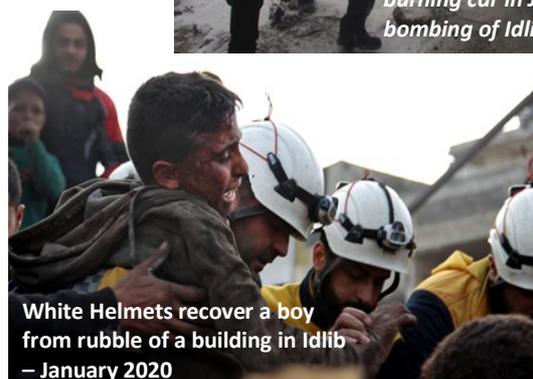
<https://www.whitehelmets.org/en/>

What do they do now? In 2018, some White Helmets and their families were evacuated from Syria and given asylum in the UK. But other colleagues continue their work as the conflict in Syria continues, as shown by these photos from The Independent,

<https://www.independent.co.uk/topic/white-helmets>



White Helmets extinguish a burning car in January 2020 bombing of Idlib

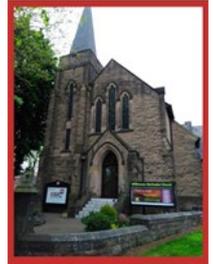


White Helmets recover a boy from rubble of a building in Idlib – January 2020

Angie Lauener



NEWS FROM MILLHOUSES METHODIST CHURCH



Once again, we are pleased to have been given our own page in TRIO. Thank you to those of you who visited our Christmas Tree and Crib Festival and participated in the 'WHERE'S JESUS' theme and for your gifts which enabled us to send a worthwhile donation to our chosen charity, CLIC Sargent.

Please see our website, www.millhousesmethodistchurch.org.uk for full details of our services during the next three months. Below are details of some significant highlights in the Christian calendar:

Sunday 22nd March 10.30am
Mothering Sunday Revd Graham Wassell

Sunday 5th April 10.30am
Palm Sunday Dr Jenny Bywaters

Thursday 9th April 7.00pm
Maunder Thursday 'Last Supper' Communion
Revd Graham Wassell

Sunday 12th April 10.30am
Easter Sunday Revd David Hunter
Holy Communion

Sunday 31st May 10.30am
Pentecost Sunday Mr Richard Wilshaw

We are also pleased to give details of a **STUDY DAY** which is being held in the upstairs hall at our church on **Monday 16th March:**

Understanding Islam: The First Steps

Led by Dr Chris Hewer

9.30 am arrivals & refreshments.

Session 10.00am - 3.30pm

This is a day to help us begin to explore what Muslims believe, a journey into understanding Islam from its own perspective.

We will cover the following areas:

- *Islam before the time of Muhammad.
- *Standing before God.
- *Building a Just Society.
- *'Open House' – when Chris will respond to your questions

There is no charge, but donations would be welcome on the day.

Please bring your own packed lunch.

If you would like to come, **please contact** Rev. Liz Wills 0114 2610732

or e-mail: johnandlizwills@gmail.com by

Monday 9th March giving your name and contact details.

Apologies, there is no disabled access for this venue.

Andrew Maxfield, Church Steward and Methodist Local Preacher in training, shares some thoughts on

COURAGE

Courage is a big word. It is usually associated with a heroic act and rightly so. We can readily think of examples of ordinary people, who have faith and who have none, being courageous and heroic. There are some wonderful accounts in this magazine.

However, it is easy to forget the courage it takes to get out of bed in the morning if you are anxious or depressed, the courage to go to work when you have a bad job but need your salary to pay the bills, the courage to face illness or to go on living when a loved one passes away.

Life is full of challenges and opportunities, sorrows and joys. If we have the courage to seek and find Jesus, then we too can be heroes for God, letting him lead us into unknown situations and finding ways of helping friends and strangers alike.

With Jesus as our Saviour, friend and brother, challenges become opportunities to make a positive difference to our neighbours and our community. By serving others we offer humble service to God in recognition of his wonderful love and grace for us and all people.

So today, be courageous and ask God - Lord send me where you will and give me the wisdom to serve those I meet today.



We extend a warm welcome to you to join in our Morning Coffee Worship Every Thursday at 11.00am

Courage of caring for the elderly

by GMQ



The population is ageing, but that means also that family members (who care for their loved ones) age too.

A huge dilemma — care at home is what we would all like. With a close relative that sort of care is initially ideal. Part-time assistance can come from helpers who fulfil all needs. But eventually that may not be enough.

What does one do? The guilt, tears, sleepless nights trying to decide what will be best. Every family is different. There are no perfect solutions. As time goes on it becomes more difficult — failing health, lack of mobility and memory, with many unsafe on their own.

One has to explore all possibilities. Home care with support is ideal for many. However, a good care home, with its experience, may be better. Family care at home can bring tensions. In a care home the staff should do everything they can to make sure their residents are well cared for, and contented.

But to remove a relative from their own home, or the intrusion of carers, can cause enormous distress to all concerned. It takes courage to take over. How would we feel if this was us? Are we doing the right thing?

No one size fits all. As a caring relation or friend, all we can hope and pray is that we don't make a mistake.

In the past, life in Britain was different, (and in other countries remains different), in many ways from now. Many people were educated and worked in the town or village where they were born. Now they often move away, for higher education and/or for their employment — to other towns or even countries.

In the past a family would usually live very close together, in the same town or village, or even the same street or house. Elderly grandparents were cared for there by the next generation. Care homes were rare — usually as almshouses mostly reserved for needy people with no descendants to care for them. Each family home might house two or three generations, with grandparents caring for the grandchildren, parents working to bring in income and maintain the house, and children helping with housework and care for the elderly.

Such communities are more common overseas, where greater distances, with less modern and less expensive ways of travelling them, make people remain close to their family homes.

This approach is increasing in Britain. The number of homes where three generations live together rose by 28% from 325,000 in 2003 to 419,000 in 2013. Most of those are in individual families, not communities.

If care at home seems most appropriate, try to find carers who will not only attend to their needs but also provide them with stimulating environment.

Do you put a relative in a care home? If you want to consider it, make sure you investigate the options very carefully. Find out what homes are available in your area, and only consider those that have nearly every aspect reported by the Care Quality Commission as “Good”.

Visit any home that sounds as though it might be right. Read every word on its web site and particularly the comments from relatives of current inmates. Question any staff you may meet when you look round. Focus on whether they enjoy their work and how well they feel about their residents.

To help your relative or friend settle in, be sure to visit often, and give them trips out regularly if possible.

So many of us are ‘time-poor’ in this modern age. Co-opt others to help if you can. The elderly need our time and patience. This sometimes takes courage to fulfil.

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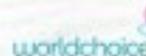
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Brian Cranwell offers words of advice about

'The Gap Year. Doing the Good Abroad'

This is a time of year when many adventurous youngsters, preparing to go on to or just finishing university, make enquiries about volunteering. This can just be for a few weeks or up to a year, with low incomes for themselves and usually in a country, often in Africa, with limited educational or health resources.

Based on my experiences in Malawi and Kenya, I write to point out some of the precautions and pitfalls. This is not intended to stop such charitable thinking but to help ensure that those volunteering do not get caught up in some of the snags I have seen some youngsters experience.

The first type of volunteering, against which I would strongly caution, is going through a personal contact with an individual or school, which has no organisational or official backing. A volunteer in such a situation can find that not only have facilities for them not been thought out in terms of accommodation, or even teaching publications or equipment, but that there is no medical cover for many miles. Worse, they find that their presence has done a local teacher out of a job for a year.

Other volunteers find better preparation through such organisations as V.S.O. (Voluntary Service Overseas), which has a very good, long track record in such matters. However there are one or two other organisations I came across who are less creditable.

On our last visit to Malawi, my late wife and I were staying in a guest house next to an Anglican Secondary Boarding School when a group of some 24 youngsters arrived on a trip arranged by a holiday company. The scheme was that they would spend two weeks in tents camping in the school grounds, while the school was on holiday. During this time they would redecorate the school buildings which had become very shabby. For the second part of their trip they would go on to a campsite by Lake Malawi and enjoy a camping and swimming holiday.



Difficulties arose within hours of their arrival. They did not have with them the promised adult guide/adviser. The youngsters had not been told that, in rural areas especially, people are very conservative and traditional, and were shocked by the sight of young women running around in shorts and skimpy tops. To give them their due, when my wife explained this to the girls, they rushed off to the local market and bought lengths of cloth to make informal coverings. They were upset at having caused offence.

Equally, offence was caused by the sight of young men and women showing any signs of affection towards a member of the opposite sex in public and, even more shocking, seeing them going in and out of each others' tents. Even holding hands went against local custom. Just as odd from the visitors' perspectives was the sight of young African men linking fingers with a male friend while walking, but we explained to them that this was a traditional form of friendship practice and did not mean they were gay.

The final straw came from nothing done by the youngsters but by the company that had arranged the visit. Instead of giving the money for the paints etc. to the African headteacher they gave it to one of the two white resident staff members. This was seen as a traditional colonial type lack of trust and caused a friction that continued long after the youngsters had left. The white staff member had been not long in Malawi and quickly realised her mistake but the damage was done.

I do not write this to put off any youngster wishing to give time to a worthy cause but to make them aware of the necessity of ensuring that whoever is backing them has credibility and experience, and the dangers of an individualistic approach. The most useful type of volunteer is someone who has an unusual subject, craft, or sports coaching skills. Even more helpful are those who can take with them a load of equipment that can be left behind including such basic items as pens and pencils.

Finally, it is as well to remember that in many parts of Africa the proportion of people who are practising Christians is much higher than that in UK now, and they usually welcome guests very warmly, often offering food as well. Complete strangers will, on passing each other, commonly greet each other with the words "God is Good". But do not expect the Sunday services to be of the usual Anglican hour long. Many of the congregation will have walked 5-10 kilometres to get there, and the priest may have cycled 20-30 k's. They want their money's worth - so two hours for the service is more likely than one!!

stewardship

Abbeydale and Millhouses Parish receives no central or government funding. We rely entirely for our Parish Mission on the generous giving of each Church member.

The Parish has a generous congregation. Over 200 members give of their time, voluntarily and weekly to support the Parish Mission in all kinds of ways; supporting worship and prayer by serving at the altar, singing in the choir, playing an instrument in the music group, arranging and printing pew sheets, flower-arranging, welcoming visitors, cleaning the church buildings and opening the doors daily. Nearly 50 members help make tea and coffee and cater for refreshments at church events..

One hundred church members edit, bundle and deliver the Trio magazine to 4,800 homes quarterly. Volunteers support tots and toddlers groups and the weekly lunch club.

servicing the community

We provide two church buildings for private prayer and public worship, choirs and music concerts and three parish halls to support, in addition to many church activities and events, a wide range of community activities for all ages; study groups, dance classes, sports clubs, uniformed groups, a day nursery, choirs and orchestras and family events.

We collect food weekly for the Grace Food Bank and support the Sheffield Credit Union. We donate over £15,000 a year to a wide range of charitable causes, in Sheffield, across the country and overseas. We are also a Fairtrade Parish supporting farmers and communities in Africa.

Parish financial needs

This year we have increased financial demands:

1. The cost of Ministry has risen by 2% to £72,800.
2. We need to employ new paid caretaking staff at £8,000 for this year.
3. We need to employ a new Associate Priest to support our increasing Outreach Ministry at £25,000.

Every church member is asked to review their giving; costs continue to rise with inflation, we want to continue to support our 'Children and Families Worker' and need to upgrade St. John's church building to provide improved toilet facilities and greater accessibility for the local community and church members.

GIVING GENEROUSLY

As part of our charitable giving the Church of England recommends giving 5% of our net income to the Church and to 'Gift Aid' our giving, adding 25% to the amount given.

Church members recently received a request to review their pledge for 2020. We are asked to review our giving thoughtfully and prayerfully and consider opportunities to volunteer in supporting the Parish Mission. **David Crosby – Assistant Treasurer**



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“Dare you....”

No doubt you've had this said to you, or you've said it to someone else, many times during your life... I have!!

As youngsters most of us have done things that were stupid, or even dangerous in response to 'a dare', but thankfully rarely came to any real harm. But what about as adults - are we still ready to accept 'a dare'?

Personal challenges can be straight forward, like daring to zip-wire for the first time last year. Other challenges, though seemingly trivial, can be just as rewarding as the thrill of achieving a physical one. Sadly, as I get older I frequently find myself opting for the easier choice, but thankfully not all the time as happened at a recent funeral at Holy Trinity.

In the hall after the service there were lots of people I knew and as I was chatting over a cuppa I kept noticing an elderly gentleman sitting with a young woman. I know the gentleman, (now in his 90s), well, but had not seen him for some time as he has difficulty getting out and about. The young lady was dressed in western clothes but wearing a hijab and I wondered if she was his carer.

After some time I realised that they were still alone and made the effort to go and sit with them. I was introduced to the young woman.... *not* his carer—how easy it is to make wrong assumptions about people!

I discovered that this delightful young woman had volunteered to bring the gentleman to the funeral. She knew him through the work she does for the 'Live at Home' service, and we spent the next 20 minutes having a fascinating conversation. We promised to keep in touch.

Through making that small effort I have learned so much from this young woman and marvel at her courage and self-motivation in many hostile and challenging situations.

Born and brought up in Libya in a traditional Muslim family, Nadia (not her real name), had a good education and went onto university, eventually becoming a lecturer in her early twenties. Despite this seemingly liberal upbringing, it was still expected that her family would choose her husband and that would she marry and have a family. Nadia constantly fought against this and was thought of as a rebel in her community.



About 12 years ago, the Libyan government offered Nadia the opportunity to come to Sheffield University to study for a PhD in Social Sciences, for which they would pay the fees. Nadia jumped at the chance. This was before the 'Arab Spring' and overthrow of Colonel Gaddafi in 2011 and Nadia fully intended to return to her work at Tripoli University.

Before Nadia could complete her PhD, war broke out in Libya and Britain froze all financial dealings with them. Nadia was in a mess. She could return to war-torn Libya and face an unknown future or remain in Sheffield to try and complete her doctorate without the frozen funding.

During her time as a lecturer she had managed to accrue reasonable savings which she hoped would pay her fees if she stayed here. However the UK government would not, *and still won't*, allow her access to her own money. (*If it's still there!*).

Courageously Nadia decided to try and get through the course. Her student visa allowed her to work part-time and she managed to pay for cheap accommodation, feed herself *and* pay the university fees, but much more slowly than originally planned. Eventually at the end of seven years she achieved her goal and got her doctorate.

She now faced a greater dilemma. The Libya she had left no longer existed. She had lost touch with most of her family. Her passport would soon expire and to renew she would have to return to Libya and the government then weren't doing that!! Staying in the UK was the only option. Her student visa and then her passport ran out and she was stateless - a refugee.

Naturally this led to court, but thankfully a sympathetic judge, despite opposition from the immigration authorities, applauded how she had worked her way through uni and accepted that she had cost the country nothing. She was granted permission to stay and work until she could apply for British Citizenship, (10 year's residency).

She has a job, a lovely little flat and completed the 10 years – **but as yet can't apply because she hasn't saved enough for the initial £3000 to put in an application.....!!**

My life has been enriched by meeting with Nadia – and I am so thankful I made that extra effort to speak with her.

I dare you to go and talk with a 'stranger'!

Pat Jackson

Upcoming Events at Holy Trinity, St. John's and Millhouses Methodists

*It is never too late
to make a*



Although our five-week Lent course began at the beginning of **March**, each session is self-contained and everyone is welcome to come to one or more of them:

- 9th & 10th** **Crossing Divides**
- 16th & 17th** **Disagreeing well**
- 23rd & 24th** **Practising Forgiveness**
- 30th & 31st** **Courage as a Community**

Monday sessions are at 2.00pm in Holy Trinity.
Tuesday sessions are at 7.30pm in the 94 room, St. John's

Mothing Sunday 22nd March

See p14 for details of our services.
Flowers are given out during the service and hopefully (?) Simnel cake with coffee!



Sat 28th March 7.30pm in Holy Trinity Church

Escafeld Chorale Concert 'Out of the Deep'

More information and a link to online ticket purchase on the Escafeld website at <http://www.escafeldchorale.org.uk/>

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Quiet meditation and vigils
Healing
Sharing the Last Supper
Children's Activities
Walk of Witness with other denominations

Music

through to celebration !

Details of all the services and

activities are on page 15



Sat 25 April 7.30pm in Millhouses Methodists

Spring Concert

By the John Wade Singers

*Accompanied by: The Woodfield String Quartet
Music by: Vivaldi, Vaughan Williams, Chilcott et al*

Our Great Get Together

**(continuing Jo Cox's legacy) is on
at Holy Trinity on Sat 6th June & will be a**

SUMMER FAIR

Food Bouncy Castle Stalls

plus lots more.... watch out for posters!!

Regular Activities at Holy Trinity and St. John's



Holy Trinity & St. John's
are Fair Trade Churches
A stall is held regularly after the 10 am
service in both churches

Carers and Toddlers Groups

Wed 10.00am Tots 2 - H.T
Contact: Pat Gregory - 281 9860
Thurs 10.00am Tots 1 - HT
Contact: Pat Kirbyshaw - 236 2643
Frid 10.00am Carers and
Toddlers - St. J's
Contact: Jeanette Bailey - 0780 3571 909



Thursday Lunch Club - at St. John's for the elderly and lonely

Contact Gerrie Sturgeon 327 7748

*if you know of anyone who would like to attend
OR who could help!*



Mon 4.30pm **Rainbows** — St. John's 249 4113
Mon 5.30pm **Brownies** — St. John's 07588 240224
Tues 5.30pm **Rainbows** — H.T. Church Hall 235 0370

Parish Centre - Dobcroft Rd

Monday 6.45 pm Cubs
7.30 pm Explorers
Thursday 7.00 pm Scouts
Friday 6.15 pm Beavers



Contacts: Andrew Bullock 236 1049
Jeremy Holmes (Explorers) 236 5893



Trefoil Guild

Meets on the third Monday each month in
the 94 Room at St. John's at 7.30pm

Contact: Pat Jackson 281 7557

Choir Practices

St. John's 7.30pm Friday
Holy Trinity 9.20am Sunday
Contacts see p 2—Music Directors



Handbells

Wednesdays 8.00 pm at St. John's
Contact Margaret Ibbetson 236 4184
New ringers warmly welcomed

**All the above info and MUCH MORE can be
found on the Parish website**

www.amchurchsheffield.co.uk

*Information is also on the weekly pewsheet -
available at the back of both churches, which are
open during the day until 4.0pm.*

Mothers' UNION

Meets on the third Wed in every month at
2.15pm in the 94 Room at St. John's
Contact: 0114 2747372



PRAYER MEETINGS—fortnightly

34 Ranulph Court Thurs 10am

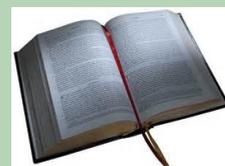
Contact: Gerrie Sturgeon 327 7748

ANY prayer requests can be made to 281 9860

BIBLE STUDY

Mondays fortnightly 2.30 pm
at 705 Abbey Lane

Contact: Bob Young 236 4382



COFFEE MORNINGS

10.30 am fortnightly in different
homes

**See weekly pewsheet available in
church and on the website.**

Contact: Val Wiley 236 0726

St. John's Snooker Club

welcomes new members, male or female, beginners or
experienced, any age or religion

The club meets at back of the church hall
(Abbeydale Road South)

on Mondays at 6.30pm

Contact Michael Minns on 0114 274 7372

Come and have a go at.....

INDOOR Carpet BOWLS

Where? St John's Church Hall

When? Thursday afternoon 2—4pm

Beginners welcome!

Contact: Audrey Cutts 236 0613

Summer Edition of TRIO

DEADLINE for articles

Friday 8th May 2020

Published 5th June 2020



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Sometime...

You will probably have the responsibility of making funeral arrangements. No one looks forward to this responsibility, but the death of a family member or a friend brings with it an obligation that must be met. These are people who can help you meet this responsibility. We have been helping people combine the different aspects of a funeral service for over one hundred and twenty-five years.

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